

Wallenpaupack Area School District

Course: Physical Education

GRADE LEVEL: Grade 4

LENGTH OF COURSE:

TEXT:

PUBLISHER:

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COURSE DESCRIPTION:

AREAS OF STUDY:

Wellness and Fitness

Manipulative Skills

Rhythmic Activities

Body, Spatial Awareness, Core Stability

Sports Related Skills

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2005

Wallenpaupack Area School District

Course: Physical Education

Grade Level: Grade 4

Unit: Wellness and Fitness

PA Standard: 10.4.3.A,B,C,D,E,F
10.5.3.D

<p>Topics:</p> <ul style="list-style-type: none"> I. Flexibility II. Cardiovascular endurance III. Muscular strength IV. FITT V. Safety 	<p>Skills:</p> <ul style="list-style-type: none"> I. Warm-up/cool down stretching II. Jogging <ul style="list-style-type: none"> • jump rope activities • aerobics/activity/game III. Upper body <ul style="list-style-type: none"> • abdominal • legs IV. Frequency, intensity, time, type V. Identify safe practices in a physical activity setting <ul style="list-style-type: none"> • proper use of equipment • personal safety • positive attitude • understanding game rules and fair play
<p>Activities:</p> <ul style="list-style-type: none"> Dynamic stretches Static stretches Warm up – cool down Jog/pace run Mile run (timed) Push-ups Wall apparatus Recognize and practice proper breathing technique during physical activity Sit-ups Locate pulse/target heart rate Recognize changes in the body in response to cardiovascular exercise Climbing wall activity Free light weights/dyna bands Digi walkers Jump rope activities Cooperative activities Physio balls Step up step Exercise stations Fitness games 	<p>Performance Assessment:</p> <ul style="list-style-type: none"> Participations Teacher observation Assessment <ul style="list-style-type: none"> • sit up test • mile run • pull ups • flex arm hang for time • AAPHRD Fitness test • President Fitness test Discussion topics <ul style="list-style-type: none"> • likes and dislikes related to participation in physical activities • why regular participation improves skills

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Grade Level: Grade 4

Unit: Manipulative Skills

PA Standard: 10.5.3.A,B,C,E,F

<p>Topics:</p> <p>Manipulative movement activities</p> <p>Recognize and describe the concepts of motor skill development using appropriate vocabulary</p>	<p>Skills:</p> <p>Performs basic locomotor skills and combination locomotor skills Performs movement patterns while using manipulative control of various objects (bean bags, scarves, paddles, hoops, jump ropes, Frisbees, balls, etc.)</p> <p>Uses appropriate vocabulary in describing skills</p>
<p>Activities:</p> <p>Small parachute – small group Scooters Juggling Tennis ball and can Frisbee Hula hoop Beach ball Paddles/various racquets Jump rope (partner, individual, Chinese and long ropes) Bean bags Court hockey Flip & catch</p>	<p>Performance Assessment:</p> <p>Teacher observation Student participation Discussion</p>

Wallenpaupack Area School District

Course: Physical Education

Grade Level: Grade 4

Unit: Rhythmic Activities

PA Standard: 10.5.3.A

Topics:	Skills:
Basic move skills/exercises using rhythm and music	Perform basic movement patterns to music and/or exercise videos
Activities:	Performance Assessment:
Line dance Square dance Aerobic fitness video Tae Bo videos	Teacher observation Student participation

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Course: Physical Education

Grade Level: Grade 4

Unit: Body and Spatial Awareness

PA Standard: 10.5.3.A,B,C,E

Topics:	Skills:
<p>I. Self-space</p> <p>II. General space</p> <p>III. Body Awareness</p>	<p>I. Self-space</p> <ul style="list-style-type: none"> • demonstrates appropriate spacing without assistance • can perform activities in contained space <p>II. General Space</p> <ul style="list-style-type: none"> • moves safely while performing various activities • demonstrates chasing, fleeing, dodging skills • performs appropriate sport related skills <p>III. Body Awareness</p> <ul style="list-style-type: none"> • core stability • avoid other students while moving • creative balances • movement on equipment
Activities:	Performance Assessment:
<p>Demonstrates self-space</p> <p>Demonstrates safe movement</p> <p>Tag games</p> <p>Partner activities</p> <p>Cooperative game activities</p> <p>Demonstrates skills, practice lead-up activities to games</p> <p>Gymnastics apparatus/balances</p>	<p>Teacher observation</p> <p>Student participation</p>

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Grade Level: Grade 4

Unit: Sports Related Skills

PA Standard: 10.5.3.A,B,C,

Topics:	Skills:
I. Locomotor, non-locomotor, vertical, and horizontal movement expressions as used to demonstrate basic sports skills II. Non-locomotor movements	I. Performs various locomotor, non-locomotor, vertical and horizontal movement skills are related to various sports II. Performs various skills with a variety of balls (e.g., soccer, volleyball, basketball, tennis balls, court hockey, baseball, and softball)
Activities:	Performance Assessment:
Performs variety of sports skills during practice and lead up games Performs variety of fundamental ball handling skills and strategies of various sports and recreational activities through practice and lead up games	Teacher observation Student demonstration of specified skill Student participation during lead up skills